



# San Francisco Village

## Monthly Newsletter

July 2021

### From Executive Director, Kate Hoepke:

Dear Members and Friends:

As we emerge from this long hibernation, I realize that it's going to take time to find a new rhythm. We had just learned to cope with the changes brought on by the pandemic, now we're required to change again. In many ways it feels abrupt. My body rebels with tiredness and brain fog. I find myself calculating risks I never before considered: going to a movie theater, hugging my neighbor, working in a shared office. In some ways, we're relearning how to be social.



I'm settling with the idea that it's going to take time and I can't control how long it takes. In fact, living life at a slower pace is one of the benefits of the past 16 months. I don't want to rush head-long into the future, mistakenly thinking that we can go back to the way things were. We've been changed by this experience, as individuals and as a community. I don't know to what extent, but I remain curious and open. As the writer Courtney Martin says, "The only thing to do is keep welcoming the beautiful unknown, however terrifying. Burn the old plans. Keep loving and questioning."

Speaking of plans, last month I shared our plans for re-opening the office. The guidance keeps evolving, so here's the latest:

- All SFV members and staff members are strongly encouraged to get fully vaccinated against Covid-19. Anyone entering the building is required to be vaccinated. We will not require vaccination records, but rather will rely on an honor system.
- Vaccinated persons are not required to wear a mask or maintain physical distancing inside the office. Vaccinated members and staff may continue to wear masks if they wish. Some program instructors may require masks, i.e. Tai Chi or Maintaining Mobility and members will be asked to comply with their wishes.
- In the event that someone arrives at our building and is not vaccinated, they will be required to wear a mask and maintain

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#### New Members In June

Sally Tusivakhyn 94121  
Leslie & Robert  
Stafford 94109  
Jim Thompson 82070  
Jim O'Brien 94131  
Yin May 94132  
Shelly Canter 94109  
Richard Rapoport 94109

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physical distancing.

- Anyone who feels ill should not enter our building. That includes cold and flu symptoms. If a staff member, or member of the Village, tests positive for Covid-19, they should report it immediately to the Executive Director. SFV will follow CDC guidelines regarding exposure to the Covid-19 virus.
- The office will be professionally cleaned and sanitized once a week. Hand sanitizer and masks will be made available in the office.
- HVAC technicians have inspected the ventilation system and will make all necessary improvements, including installation of HEPA filters, to ensure proper ventilation. Portable air purifiers will also be available.

There are lots of ways for you to connect with other members this month, either on Zoom or in person. If you're ready to venture outside, there is a walking group at Fort Mason, Soundwalk in Golden Gate Park and an Inner Richmond litter abatement group. The tai chi group will meet in person on Thursdays and Mondays on Zoom. The meditation group will continue to meet on Zoom with an in-person gathering July 19. On Wednesday the 28<sup>th</sup> we'll be joined by two somatic psychotherapists who will help us navigate this unique transition. Slowly, slowly we walk back into the world.

Hope to see you soon!

Love,



## In Solidarity

Racist attacks against Asian Americans, and Chinese Americans in particular, are on the rise, following a year of xenophobic rhetoric. From recent news reports we're learning that **older** Asian Americans are especially targeted for violence.

Our hearts break for our neighbors fearful of leaving their homes, not knowing if they will be safe. Please contact Jill to request a volunteer to accompany you on a walk or trip to the local store. Please feel free to refer an older Asian neighbor or friend, whether or not they are a member of SFV: [jill@sfvillage.org](mailto:jill@sfvillage.org) or 415-387-1375 x.

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If you stand in solidarity with our Asian American neighbors, you may want to consider a contribution to one of many organizations fighting hate crimes. One such organization is *Stop AAPI Hate* and you can visit their website here <https://stopaapihate.org/>



## Did You Know?

### Office Closed

The San Francisco Village staff will be taking an extra long holiday weekend! We will be closed Friday, July 2 and Monday, July 5.



### Welcome Leo!

Jessica and Vinny welcomed their sweet baby to the world on May 26-- Leonardo Atlas Carvalho DaSilva! The new parents are elated and exhausted, and extremely grateful for all the love they have received during this time. We could not be happier for them as they settle into life as a family of three!

### New Event Online System!

You can now sign up for programs on our website! Check out <https://www.sfvillage.org/events/>. As we learn a new event system, developed by a local company called Mon Ami, you may receive double emails to ensure everyone receives the needed information. It's recommended you add [sfvillage@monami.io](mailto:sfvillage@monami.io) to your email contacts. If you are not receiving the automated email, please check your spam and reach out to staff. We'll let the developers know and they'll help us sort out the answers. Want to learn straight from the developers? Mon Ami is running a how to session July 22! Details on page 6.

### Telephone Support Team

The recent Member Survey reveals that there are a number of SFV members who do not use a computer, the Internet or Zoom. They may be at higher risk for isolation and loneliness. In response, some other members suggested that we organize a telephone support team to make outbound calls on a regular basis. Great idea! If you are interested in volunteering to make calls, please contact Jill at 415-387-1375 x. 2 or [jill@sfvillage.org](mailto:jill@sfvillage.org)

## In Memoriam

### Barbara Stevens

*Shown seated on left, with Gladys Thatcher at our 2017 Grand Opening*



Barbara Stevens was a smart and curious woman with a good heart. She was a longstanding member of SF Village, in fact, she was a founding member. For a time, but not recently, Barbara participated in our 94117 Neighborhood Circle. Not one for open ended sharing, she always wanted an interesting topic to discuss at Circle meetings.

Barbara loved to laugh. I often drove her home after our Circle get-togethers and she would tell me jokes. If she missed a meeting, Barbara would call me to ask how the meeting went, who was there, and what was discussed. She lived in a rambling house on Edgewood Terrace, way up the hill above Parnassus Avenue near UCSF. She lived in that house with her family since the 1950s.

In later years, Barbara had significant hearing loss. She never got used to her hearing aids, which sadly did not help her in communicating with

other people. But Barbara loved plants and flowers, and she was an avid member of the SF Botanical Garden. Whenever I drove her home, Barbara always wanted me to climb up the many steps to see her lush garden. I will miss her infectious laugh and her friendliness.

-Bill Haskell, 94117 Circle Leader

## July Events



### Brain Health with UCSF Memory & Aging Center: A 6 week virtual series

**Tuesdays, June 15 – July 13, 2:00 – 3:00 PM**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org) to receive the Zoom link and telephone number.**

This series started in June and you are welcome to join at any time.

Curious about brain health? Are you wondering how diet, physical activity, and social engagement all play a role in healthy aging? Join experts from the UCSF Memory and Aging Center and SFV for a series of sessions where we will talk about how our behaviors, like staying active and socially engaged, affect our brain health. We will also talk about Alzheimer's disease, as well as general health conditions.

### Virtual Cuddle Club with Muttville

**Wednesday, July 7, 2:00 – 3:00 PM**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org) to receive the Zoom link**

Before COVID quarantine, Cuddle Club took place at Muttville's headquarters, providing a social event for those who were unable to care for a dog. This was a fun opportunity for our guests to interact with dogs as well as to visit with one another. Muttville volunteers and staff discussed what we knew about each dog - age, health, breed, where it came from, etc., and the Mutts got to play, cuddle, sleep, run around or do other doggie things. If weather permitted and guests were interested, some Mutts went for a brief walk outdoors with senior guests.



While Virtual Cuddle Club doesn't currently provide actual "cuddling," guests visit and learn about some of our Mutts virtually via Zoom. As we've learned with human interactions on Zoom, we work with what's available and dogs are still sweet to "play" with via camera!

Muttville is able to accept senior Mutts during this unusual time, and they're being fostered by our terrific volunteers. Wonderfully, many Mutts are being adopted into forever homes during the quarantine.





## DeYoung Virtual Tour: Last Supper in Pompeii

Friday, July 9, 1:00 – 2:00 PM

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org) to receive the Zoom link and telephone number.

Join us for a virtual tour of this exciting exhibition, which looks at food and wine in the ancient Roman city of Pompeii. You can don your toga as we explore the environments in which meals were enjoyed as well as the preparation for, service and consumption of edibles that featured delicacies such as dormice and flamingo

tongue. You won't want to miss a morsel or a moment.

## Member Walking Group: Fort Mason

Tuesday, July 13, 11:00 AM

\*Meet at Ft. Mason – inside gate at Bay and Franklin.\*

RSVP to 415 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

Come and explore Ft. Mason along the Embarcadero with your *On the Level* walking guide, Marilyn Straka. No hills or steps! We will loop around Fort Mason to view WWII barracks (now a hostel), officer's houses (now rental units) and a panoramic view of SF Bay and the piers used as the Port of Embarkation (dispatching over a million soldiers to the Pacific during the World Wars) – all in a park-like setting complete with artwork and a community garden. There will be less than a mile of walking and lots of resting spots along the way, including lunch at the community garden. This is a walk around the park above the Fort Mason piers.



Starting point: Ft. Mason – inside gate at Bay and Franklin, walk or drive 1 block and meet at the first intersection. There is car parking here or we are 2 blocks from the #47 or #49 Van Ness bus stop. Bathrooms are nearby – the first stop on our walk.

You will receive a free self-guided walking tour booklet of our route with a map and points of interest. This will allow you to repeat the walk in the future or on the day of our walk if want more exercise.



## Virtual Tour with the Asian Art Museum: Seeking the Divine, Deities of Asia

Friday, July 16, 1:00 – 2:00 PM

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org) to receive the Zoom link and telephone number.

What happens when the divine is given a body? Have gods created humans in their own image, or is it the other way around? Artworks from the Asian Art Museum's renowned collection show how artists have envisioned

the divine, imbuing it with forms that are meant to reflect supernatural qualities. The presentation explores how ideal beauty is interpreted in different Asian cultures, how that beauty can be transformed by altering the forms of the body, how deities maintain their identity despite changes to their form, and how divine beings are represented after their death.

The Asian Art Museum of San Francisco connects art to life. Our mission is to inspire new ways of thinking by connecting diverse communities to historical and contemporary Asian art and culture through our world-class collection, exhibitions and programs.

## **San Francisco General Plan: Safety and Resilience in our Community**

**Tuesday, July 20, 2:00 – 3:00 PM**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org) to receive the Zoom link and telephone number.**

San Francisco Planning Department is updating the City's General Plan. The General Plan creates a roadmap for the City's growth and changes over time. It consists of goals and policies that will help the City address topics such as racial and social equity, housing, mobility, safety, climate resilience, and land use.



How can we protect and strengthen all San Francisco neighborhoods from hazards and natural disasters?

The Safety and Resilience Element is one piece of the General Plan, and updating the element will provide a comprehensive set of policies for minimizing San Francisco's contribution to the climate crisis and ensuring local resilience to multiple hazards. It will help protect the people and assets of San Francisco, especially areas and communities that face higher vulnerability to disasters.

We want to make sure that the updated Safety and Resilience Element benefits all San Franciscans. With your input, we can figure out how the Safety and Resilience Element can do this effectively and equitably. Join this briefing to learn about the components and proposed updates to the Element and help San Francisco Planning shape new, long-term policies for the future of San Francisco. Come with questions and ideas to amplify community safety and resilience.



## **Learn about SFV's New Event System!**

**Thursday, July 22, 11:00 AM – 12:00 PM**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org) to receive the Zoom link and telephone number**

Have you been wishing you could sign up for SFV events through our website? You're in luck! We recently switched event systems over to Mon Ami, a technology built for agencies that work with older adults. Join Remi Kathawa, Director of Operations, for a walk through of the new system and get all of your questions answered!

## How our Identity Shapes our World View

Friday, July 23, 11:00 AM – 12:00 PM

\*TBD if taking place at SFV office or on Zoom\*

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

Facilitated by Kate Hoepke and Joanne Low.

During the past five months, members have been meeting to explore questions of identity and privilege. These are questions that young people often ask and many of us older people haven't considered, especially those of us who identify as White. We've been exchanging insightful and heartfelt stories about where we come from, how we know ourselves and how our identities shape our worldview.



Join us as we continue the conversation. All members are welcome to join, whether you attended earlier sessions or not. Our aim is to better understand the complexities of an increasingly diverse America and how our unique experience is relevant in the current social discourse.



## Soundwalk

Tuesday, July 27, 11:00 AM – 12:00 PM

\*Meet at SFV Office, 3220 Fulton St, 94118\*

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

SOUNDWALK is a free, GPS-enabled work of public art that uses music to illuminate the natural environment. Created by Pulitzer Prize-winning composer and sound artist Ellen Reid, the experience is guided by the listener: the path you choose dictates the music you hear, and no two visits will be exactly the same. After installing the free

app and downloading the Golden Gate Park SOUNDWALK, participants can explore the park, triggering musical cells that are carefully crafted to harmonize with the park's landscape and attractions.

Let's meet at the SFV office and wander around GGP together for an hour and explore! Staff will bring Bluetooth speaker so we can share in the sounds together.

## Navigating Reopening

Wednesday, July 28, 3:30 – 4:30 PM

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org) to receive the Zoom link and telephone number.

Feeling re-entry anxiety? Wondering how to navigate and honor your uneasiness, concerns, trepidation, or reluctance to return to the reopening of the city and pre-pandemic ways?





Come explore how to prepare for the next phase of transition and ease back into social interactions, activities, and a new normal with Jane Moran and Jennifer McMahon Boone from the Center for Somatic Psychotherapy (CSP).



### **SFV Inner Richmond Clean Up**

**Thursday, July 29, 10:30 AM – 12:00 PM**

**\*Meet at Rise and Grind Café, 785 8<sup>th</sup> Ave (around the corner from the SFV Office).\***

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

There is a new organization forming dedicated to litter abatement in San Francisco!!! If you are tired of walking on food wrappers, cigarette butts, coffee cups, etc. this is your opportunity to do something about it. Vince, a self-described average, previously unengaged citizen, recently founded [Refuse Refuse SF](#). He now uses the group to

educate people on litter abatement, organize clean-up events in each neighborhood, and influence public policy related to waste management.

Mark your calendars, put on your old clothes, gloves, face masks (if you want) and join your neighbors to clean up the neighborhood. Everything else you'll need is provided, including free coffee!

### **SF MOMA**

**Friday, July 30, 1:00 – 2:00 PM**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org) to receive the Zoom link and telephone number.**

The San Francisco Museum of Modern Art (SFMOMA) is now the largest museum of modern and contemporary art in the U.S. Its collection consists of paintings, drawing and prints, photography, mixed media and sculpture, book arts, installation and video and other digital arts, and a lot of art that's challenging to classify. We will look at some of the earliest pieces in the museum's collection, as well as the newest. Some history of the SFMOMA will also be included.



Led by SFV member and board member Marcia Weisbrot, a former SFMOMA docent



## Reoccurring Events



### Play Reading Group

Thursdays, July 1 & 15, 4:00 – 6:00 PM

RSVP to Midge Fox to receive the Zoom link and telephone number.

Contact Midge to find out what play we'll read together!

### Member to Member Coffee Chat

Monday, July 5, 10:30 – 11:30 AM

\*In person at Cup and Cake, 3500 Geary Blvd, 94118\*

Monday, July 19, 10:00 – 11:00 AM

Monday, July 26, 2:00 – 3:00 PM

Zoom

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)



Life during a global pandemic can be isolating, especially after 16 months of physical distancing. Join us for an informal and nourishing hour together to connect, share our experiences, and learn from each other.

Bill Haskell, SFV member and board co-chair, will facilitate on July 5 at Cup and Cake Café, Gretchen Addi, SFV board co-chair, via zoom on July 19 and Barbara Kivowitz, SFV member and board member, via zoom on July 26.



### Tai Chi and Qigong

Thursdays, July 8, 15, 22, & 29, 2:30 – 3:15 PM

\*In person at SFV office, 3220 Fulton St, 94118\*

Mondays, July 12, 19 & 26, 1:00 – 1:45 PM

Zoom

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

Tai Chi and Qigong are exercises designed for health of mind and body. The in-person Thursday class will focus on the first twelve movements of the Sun Style form. This class is ideal for any experience level, from beginner to seasoned practitioner.

The virtual Monday class is currently learning the Chen Style 24 movements. If you don't have any Tai Chi experience, these moves may take longer to learn and understand.

Feel free to join at any time as the moves are broken down and repeated. Both classes emphasize improving balance, increasing flexibility and building strength. Led by Caroline Lew, a Certified Instructor through the Tai Chi for Health Institute.

## Solo-Agers Circle

Friday, July 9, 10:30 -- 11:30 AM

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org) to receive the Zoom link and telephone number.



This month we will talk about what we have learned from the pandemic and what we now know we must do to take care of our "solo-selves" in the future. Every other month we will bring in an expert to discuss a subject relevant to being an elder who is aging alone. The alternating months will be devoted to discussions concerning how we can help others and ourselves with being a "solo." Please come to learn and share. Call Betty Burr with any questions.



it? Check it out!

## Grupo de Conversación en Español

Monday, July 12, 11:00 AM – 12:00 PM

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org) to receive the Zoom link and telephone number.

Add a little more Spanish conversation to your life! This group, led by members, is aimed at intermediate speakers and those who speak fluently; there will be no formal instruction. Not sure if your Spanish is up for

## Makers & Crafters

Monday, July 12, 2:00 – 3:00 PM

\*SFV Office, 3220 Fulton St, SF 94118\*

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

We are thrilled to announce that we will finally be meeting in person for the first time since Covid started! Pick up your needles, yarn, beads, paints and put on your fanciest mask to join us for some face-to-face crafting and catching up.



## Aging Well with Meditation

Wednesdays, July 14, 21, & 28, 11:00 AM – 12:00 PM  
Zoom

Monday, July 19, 2:00 – 3:00 PM

\*In Person at SFV Office, 3220 Fulton St, 94118\*

RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)

Meditation is a mind-body training that improves your ability to pay attention to the things that matter. Mindfulness meditation – paying attention purposefully and non-judgmentally in the present moment – is associated with lower stress, improved self-awareness, positive brain changes, more compassion, and better sleep. The group is led by Rachel Lanzerotti, IAYT-Certified

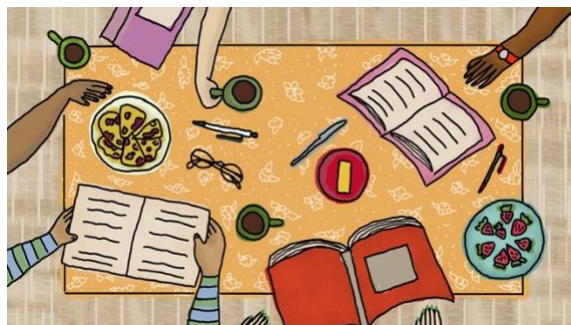
Yoga Therapist, a long-time practitioner and teacher of yoga and mindfulness meditation. Come learn to practice meditation together. All levels of experience are welcome for this drop-in group

### Intergenerational Book Club

**Wednesday, July 28, 10:00 – 11:00 AM**

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org) to receive the Zoom link and telephone number.**

A new program for SFV—an intergenerational book club started by volunteer Kiki Couchman! The group will meet the last Wednesday morning of the month. In July, the group will meet on Zoom and discuss *Educated* by Tara Westover. Mark your calendars for August 25 and plan to meet in the Music Concourse in GGP to discuss *Interior Chinatown* by Charles Yu.



### Neighborhood Circles

Many of our circles have been gathering virtually during Shelter in Place and connecting with each other via phone and email. As SF reopens, some circles are starting to meet in person as well. Reach out to Jill Ellefsen to be introduced to your circle leader.

#### 94118

**Thursdays, July 1 TBD, & July 15, 3:30 – 4:30 PM**

**RSVP to Gabie Berliner or Karen Franklin**

On July 1 we'll gather at a coffee shop and on July 15 on Zoom. We start with a check-in about what's been going on for each of us since last time which leads into free-flowing conversation and sometimes we have a topic to converse about, like vacation memories and dreams. We'd love to see new faces.

#### LGBTQ Circle

**Fridays, July 2, 16, 23, & 30, 1:00 – 2:00 PM**

**RSVP to Bill Haskell for zoom information**

#### Sunset Circle

**Wednesdays, July 7 & 21, 2:30 – 3:30 PM**

**RSVP to Steve Hayashi for zoom information**

#### Neighborhood Circles:

Bernal, Potrero, Mission, Bayview: 94110, 94107, 94134  
Castro, Noe Valley: 94114  
Cole Valley, Haight: 94117  
Financial Dist., Embarcadero: 94111, 94104, 94105, 94108  
Inner Richmond: 94118, 94129  
Marina, Cow Hollow, Pacific Heights, Western Addition: 94123, 94115  
Nob Hill, North Beach, Telegraph Hill, Chinatown, Russian Hill: 94109, 94133  
Outer Richmond: 94121  
SOMA, Hayes Valley, Opera Plaza: 94102, 94103  
Sunset: 94122, 94116  
Twin Peaks, Diamond Hts., Glen Park, Excelsior, Ingleside: 94131, 94112  
West of Twin Peaks: 94127, 94132  
LGBTQ Circle: citywide

For these get-togethers, we will share what is going on in our lives. We will also share what brings us pleasure, what we are enjoying, our coping mechanisms, and what is positive.



Sunset Circle will continue meeting on Zoom through July as we sort out our diverse experiences with the benefits of Zoom and/or meeting in person. The first meeting in July will have a theme, and the second is a chance to listen to one of the group share their biography.

### **94121**

**Thursday, July 8, 2:00PM**

**RSVP and questions to Barbara Scrafford or Carol Rothman.**

The 94121 Circle has moved to indoor gatherings! Our next gathering location is still to be determined. We are usually about 10 to 12 folks who like good conversation and good vibes.

### **94117**

**Friday, July 9, 1:00 – 2:00 PM**

**Thursday, July 22, 1:00 – 2:00 PM**

**RSVP to Bill Haskell for zoom information**

For these virtual get-togethers, we can share what is going on in our lives. We can also share what brings us pleasure, what we are enjoying, our coping strategies, and what is positive.

### **94123**

**Wednesdays, July 14 & 21, 1:00 – 2:00 PM**

**Contact circle leaders Sally Kaufmann Cowan or Jean Halvorson for more information.**

Either on Zoom or walking in the neighborhood. Call or email Jean or Sally for the plan for the week.

### **94114**

**Wednesday, July 14, 3:00 PM**

**RSVP to Heather Solway or Shelley Fernandez**

We are continuing to meet via Zoom. Join us!

### **Bernal**

**Saturday, July 17, 7:00 – 8:30 PM**

**RSVP to Joan Miro for zoom information**

We will continue to share our stories, laughter, and some glimmers of hope!

### **West of Twin Peaks Circle**

**Thursday, August 5, 12:00 PM**

**Trattoria da Vittorio, 150 West Portal Avenue**

**RSVP to Roberta Gordon by July 26**

After nearly a year and a half of sheltering in place, we are ready to meet in person with those of us who have been vaccinated. We have made reservations for lunch for the first 12 people who respond. Bring a mask, in case the restaurant requires one. Looking forward to seeing you!

**94109/94133**

**Questions to Bobbie Rothman or Juliet Rothman**

Our circle is on "summer break", and we look forward to resuming our activities in September. Please do stay in touch with our members, and plan on some interesting and fun excursions and discussions in the upcoming year. Have a great summer, everyone!

## Save The Dates



### Let's Get Moving Again, Post Pandemic

**Tuesdays, August 3 – September 7, 11:00 AM – 12:15 PM**

**\*SFV Office, 3220 Fulton St, 94118\***

**RSVP to (415) 387-1375 or [info@sfvillage.org](mailto:info@sfvillage.org)**

Let's get moving again, and let's have fun doing it.

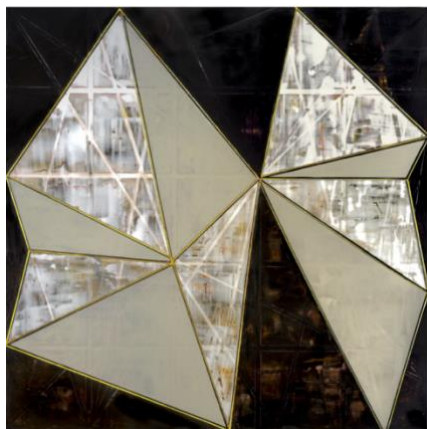
What capacities do we need to refresh, in order to venture safely outside our homes again?

We'll practice increasing balance, strength, endurance, power in our gait and ease of movement. And we'll do this with each other, that

potent ingredient we thankfully have access to again.

And while we're at it, we will explore reconnecting with others through human touch, giving and receiving, and coming fully alive to each other again.

## Community Events



### Slow Looking: On Shape And Space

**Thursday, July 1, 1:00 – 2:00 PM**

First Thursday of each month

RSVP with Ruth's Table

<https://www.ruthstable.org/slow-looking-shape-and-space>

Wonderful things happen when we slow down and engage deeply with works of art. *Slow Looking* is a monthly interactive program that invites participants to explore what we notice, wonder, and discover when we take the time to look closely and carefully.

In July, participants will explore two artworks from our recent exhibitions, *Building Bridges: Breaking Barriers* and *Less is More*. Through a series of guided activities, we will look at Teddy Milder's *Circling Duende* (2013) and Howard Hersh's *Axis Mundi 19-2* (2019).

Bring your curiosity as we share our observations, perspectives, and questions about each artwork and examine each artist's use of shape and space. This program is a part of monthly *Slow Looking* series that take place on the first Thursday of each month. By registering once, participants can attend any monthly session

## Mindful Family Caregiving Study

[Zen Caregiving Project](#), a San Francisco-based nonprofit, is offering family caregivers **free places** at their online Mindful Family Caregiving course as part of a study they are conducting (the course usually costs \$100).

The course teaches mindfulness-based tools to improve caregiver well-being and emotional resilience. The research study, overseen by academics at UC Davis, aims to explore the various ways in which the course supports caregivers. The study will start in August and courses will run in September.

For more information, and to sign up for the study, please visit: [zencaregiving.org/caregiver-study](https://zencaregiving.org/caregiver-study). (Note: Registration closes on July 23.)



## Volunteer Support



### Request a Volunteer and Volunteer Opportunities

San Francisco Village is an intergenerational community that brings younger volunteers together with older members to learn from and care for each other.

Contact Jill Ellefsen at [jill@sfvillage.org](mailto:jill@sfvillage.org) or (415) 387-1375 ext. 2 to sign up to receive our twice weekly emails detailing the many volunteer options available to you.

Reach out to Jill for help with:

- grocery shopping and essential errand running
- online shopping assistance
- technology assistance by phone for help with Zoom or any other tech issues
- assistance connecting with your healthcare provider online (Telehealth)
- friendly caller connections
- outdoor gardening

### SFV volunteers want to spend time with you!!!

Volunteers often report that they gain more than they give. They're eager to connect, especially during this prolonged period of physical distancing. You'll be doing someone else a favor by requesting their presence for:





- A little outdoor gardening
- A meet-up in a park for a masked walk
- A backyard or front porch visit

Get to know some kind-hearted neighbors you would otherwise not meet!

## How to Support San Francisco Village Year-Round



### AmazonSmile

We encourage buying locally as much as we can, but if you find yourself needing to purchase something from Amazon, we ask you shop on AmazonSmile! The AmazonSmile Foundation will donate a portion of the purchase price of eligible products to the charitable organization of your choice, in this case, San Francisco Village. Start by clicking on [Amazon Smile](https://smile.amazon.com/ch/26-1300020) or <https://smile.amazon.com/ch/26-1300020>.

### Community Thrift Store

This store accepts donations on behalf of San Francisco Village, sell the items, and then share the proceeds with us. Many thanks to all of you whose closets have been cleaned out and who have named SFV the beneficiary. So far this year, we have received \$2000 in donations because of this partnership. Please keep us in mind when you drop your used and well-loved items off at Community Thrift Store, 623 Valencia St. Let them know our reference number for donations is 122.



Due to the COVID-19 pandemic, many of our programs are taking place virtually.  
\*Events\* are taking place in person.

Please note that the programs and events listed in this newsletter are offered  
to members of San Francisco Village.

To learn more about registering for membership,  
please contact Jill Ellefsen (listed below).

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San Francisco Village welcomes people of all cultures, faiths, genders, orientations, abilities, and ages. Should you have any questions, requests, or concerns, don't hesitate to contact us.

You can find our staff at the emails below or by calling our main line (415-387-1375) and then selecting the corresponding extension.

**Administration & Community Collaborations:** Kate Hoepke – [kate@sfvillage.org](mailto:kate@sfvillage.org), ext. 1

**Membership & Volunteering:** Jill Ellefsen – [jill@sfvillage.org](mailto:jill@sfvillage.org), ext. 2

**Programs & RSVPs:** Sarah Kent – [sarah@sfvillage.org](mailto:sarah@sfvillage.org), ext. 3

**Wellness Program:** Karina Fastovsky – [karina@sfvillage.org](mailto:karina@sfvillage.org), ext. 4

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